

Cotton was called the fibre of slavery, before the Industrial Revolution in the 18th century. It took 14-man-labour days to produce only 1 pound of cotton. Cotton textile manufacturing required coal for fuel and iron for new machinery. The need of these resources required transportation. Transportation in turn brought about the development of railroads and steamships. By the end of the 18th century the world's first Industrial Revolution was underway.

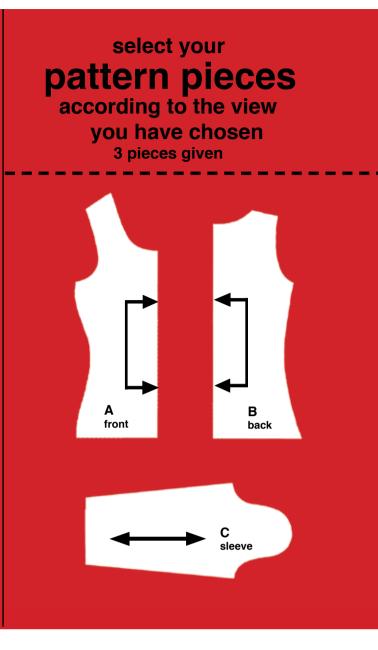
As a natural fibre, cotton is appreciated for its 'naturalness'. The demand for cotton is stronger than ever, with new developments appearing constantly. Consumers will always choose cotton above any other synthetic fibres because of its, comfort, fineness, softness, absorption, etc.

Today cotton is enjoying the leading position in the market, but because of cotton's long history the global market suffers from an overabundance of producers.

Over the last three decades there was a relatively low emphasis on manufacturing methods, and influences that this industry has had on the environment. If we dismiss cotton fabric as less fundamental in our world history and economy, we deny the truth that every observer in nature has to admit.

Cotton is of vital importance to growers, processors and consumers. We, as consumers, must "cotton-on" 100% to the fact that we take valuable resources from the earth for every time we buy a new cotton item.

REUSE, REMAKE, RE-FASHION AND RECYCLE YOUR COTTON CLOTHES







IMPORTANT --- clothing is an economic success story and is globally worth over \$100 billion. It is the second biggest economic activity, because of its intensity in trade.

Economic growth has come to depend on continued marketing of new products. Today fashion doesn't follow the same pattern. It is fueled by fashion magazines that help create the desire for new "must haves" for each season.

Not only does the development in textiles and clothing have an impact on the world's global economy, but in the last two decades the environmental impacts have risen dramatically.

1. YOUR CONSUMPTION PATTERN

Consumer demand is the leading force in determining the levels of production and environmental influences. Every time you buy a new item of clothing, precious resources are taken from the earth.



PRODUCTION MARKINGS **CONSUMER MARKINGS CUTTING MARKS ADJUSTING MARKS NATURAL WASTE LINE**

PRODUCTION MARKS

The production of cotton garments ranges from the plant to sophisticated fashion items. Globally the annual cotton production evaporates 210 cubic meters of water and pollutes 50 billion liters.

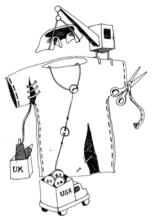
Transporting new clothing items from the place of distribution to store shelves consumes vast amounts of fossil fuels and contributes to greenhouse gases in the atmosphere. Cotton production is the most intensive chemical non-food crop in the world. Soaking up 25% of the world's synthetic fertilizers. Pesticides pollute groundwater,

BEFORE YOU BUY - make sure you are aware of the **INFLUENCES**. You may consider to make a few consuming adjustments.





Are you aware that the clothing item you are wearing might have been produced in a manner that pollutes? In the production process toxic chemicals are released in our waterways and ground water -- harming the marine life and our health as it enters the food chain. It also depletes precious, non-renewable resources. Clothing is produced in sweatshops by workers, who are poorly paid and work long hours in cramped, unhygienic working conditions

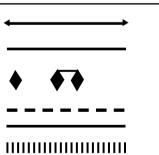


without any medical and other basic benefits. Child labour is often used in the manufacturing process based in third world countries. From there it is transported, wasting valuable fuel and adding to global warming. Is it worth the cost, to buy so many new clothes?

2. YOUR FABRIC CONSUMPTION

Today 60% of the world's fibre consumption is cotton. Cotton may seem basic to humankind, but cotton is the largest natural fibre supplied to the textile industry. The cotton plant has been domesticated and used for over 5000 years.









nearby streams and potential human water supplies. Usable fibre of the cotton production is only a third of the total harvest volume.

CONSUMER MARKS

68% of cotton is exported below production cost. Cotton farmers are paid the lowest price possible. So clothing companies can make bigger profits, so that their shareholders can keep on driving their Range Rovers and emit more CO².

CUTTING MARKS

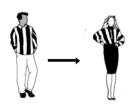
Cutting down on our consuming lifestyles will leave smaller marks on the environment. You can also change the purpose of an item.

ADJUSTMENT MARKS

Take better care of your garments. 60% of the environmental footprint in the life cycle of our garments is related to post purchase washing and drying.









e patterns. Copyright kottonree 2010. For more sustainable patterns visit www.kottonree.org

EASY SAVING GUIDE

FOR STEP-BY-STEP CUTTING AND ADJUSTING

SAVING TERMS

TRIM -- By Altering our habits and desires to obtain the newest and latest fashions, we can decrease the sheer volume of new clothing that is produced.

LAYER -- An estimate of 2 million tonnes of clothing per annum, ends up in landfills. Consuming more clothes will only develop new layers.

EDGE STITCHING --

According to experts, if we continue to consume energy at current levels, oil could run out in 40 years.

PRESSING -- Textile washing and drying is not a threat to humanity but we can change our washing and ironing methods, to save energy and lower pollution.

BIG HOLE FOOT--

Once cotton fibres are produced they can be subject to dyeing, bleaching, printing and finishing which consumes large volumes of water, energy and chemicals, release air emissions and generate effluent waste. Most of our clothes on our bodies are imported, which suggests even more pollution has occurred. This all adds to the environmental footprint we tend to make.

ALL PURPOSE FOOT--

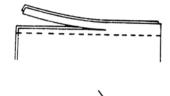
Reduce your carbon footprint. Selling a piece of old clothing, it means someone no longer needs to buy a new item of clothing, then you are preventing the release of an estimate of 22kg of CO².

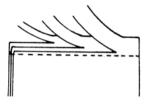
CORDING FOOT--

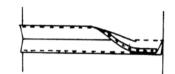
Consumer demand is the leading force in determining the levels of production and has the biggest environmental footprint.

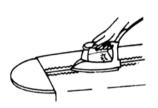
MARKERS/TRACER-- The

average annual cotton consumption per person in Germany is 11 kilograms, which equates 220,000 liters of water usage. This figures is more or less the same for all developed countries.

















RIPPER --- Cultivation of cotton fibres, and the production of thread, fabric, and needles are all highly involved processes that utilize large amounts of water and oil that leave a slew of chemical residues in our air and waterways.

CIRCULAR SEWING -- By now we've all heard the golden rule for keeping our closets and drawers clutter-free: If you haven't worn it in a year, throw it out.

While this popular advice may do wonders for keeping our wardrobes the right size. But "throwing out" doesn't not mean your clothes must end up on the landfill, keep it in circulation, recycle, and reuse it.

COTTON THREAD-- The big question hanging by a cotton thread is the sustainability of cotton's agricultural practices

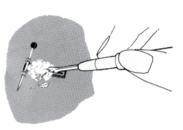
BOBBINS-- The high production cotton at subsidized low prices is one of the first spokes in the wheels that drives the globalization of fashion.

HOLE CUTTER-- By shopping less for new clothes, you can save time and money. Look at your worn garments for new clothing ideas. The understanding of this evolutionary process must form the basis of strategies for maintaining consumers throughout their life cyclenot the product's life cycle.

MEASURE TAPE-- It is expected that the volume of clothing waste will increase, given that stockpiling space is limited and there is expected growth in new clothing sales.

NEEDLES-- if your clothes get holes, or tears, don't buy new ones, get handy with needles and thread and fix it yourself.

TUBED OILER-- The future production of cotton fibres will confront new problems as oil prices will continue to rise.



















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ON YOUR CONSUMPTION PATTERN

Just because that old shirt is too threadbare to wear anymore doesn't mean it has to end up in a landfill. An estimate of 3 million tones of clothing waste is generated yearly. Only 16% of the clothing gets recovered and the remainder is destined for landfill. There are other places for old clothing on the planet. 99% of all textiles are recyclable. Non-profit organizations like the Salvation Army and your local Hospice play a crucial role in keeping clothes out of waste and in circulation.

SAVING PATTERN

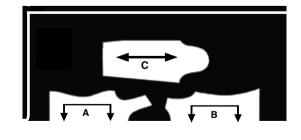
Using worn out, old cotton clothes for household purposes, saves resources. Cut-up old T-shirts are useful as dish towels and even napkins. (It eliminates the need for paper goods for example).

OR Keep cotton resources in circulation and instead of buying two shirts, use this easy to follow pattern to make an adjustable top. Re-making, re-fashioning and re-using your clothes will decrease textile waste and extend the life cycle of your clothing.

MAKE SURE TO COMPARE CONSUMPTION MEASUREMENTS WITH THE NEW CHART

NOTE: DETERMINE FINISHED LENGTH BEFORE CUTTING DRESS. **NEEDED:** 15-20 PUSH PINS FOR ADJUSTABLE SLEEVE

CUT: PLACE ON FOLD

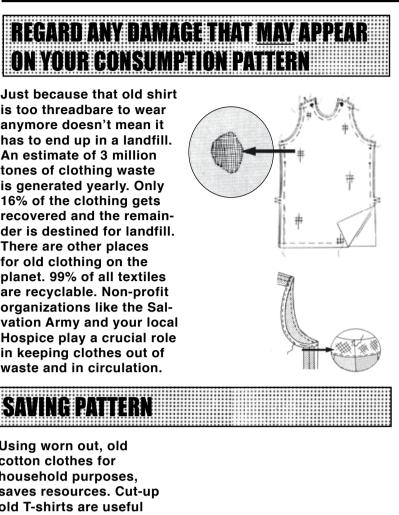


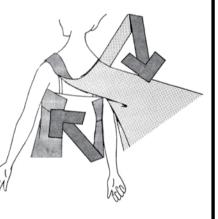
FITTING: SEE NEW CHART

		GRAMS OF COTTON	CO² (kilogram)	H²O (liter)	ENERGY (kilowatts)	PESTICIDES/ FERTILIZERS (gram)
11	SMALL	200g	1.2	4 000	4	120
11	MEDIUM	250g	1.5	5,000	5	150
11	LARGE	300g	1.8	6,000	6	180
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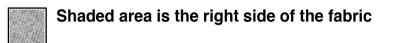
BEFORE YOU CUT - make sure you are using 100% **RECYCLED COTTON**. You may wish to make a few other life cycle adjustments.







SUSTAINABLE PATTERN



1. FRONT

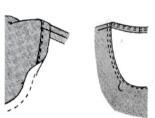
Join the back and front and stitch together at the shoulders.

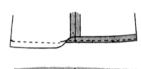
2. NECKLINE

Stitch 1,5cm from neck edge. Turn on stitch line, rolling the machine stitching to INSIDE. Press.

3. LOWER EDGE

Stitch 1.5cm from lower edge of top. Turn on stitching line, rolling machine-stitching to IN-SIDE. Press. Stitch another line above previous row.







4. ARMHOLE

Stitch 1.5cm from armhole edge, turn on stitching line, rolling machine stitching IN-SIDE. Press. Press 10 bottom parts of push-pins all along the armhole, evenly.

5. ADJUSTABLE SLEEVE

Stitch sleeve seam. Stitch 1.5cm seam line at armhole. Press push-pins all along the top edge. To match the armhole push-pins.

6. LOWER EDGE FINISH

Stitch 1.5cm from lower edge of sleeve. Turn on stitching line, rolling machine stitching to IN-SIDE. Press. Stitch another line above previous row.

CONGRATULATIONS! By using this pattern, you have saved precious resources and kept cotton garments in circulation.



